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Washington: Closed until further notice

800,000 workers get sent home Tuesday over health-care clash **PAGE 8**

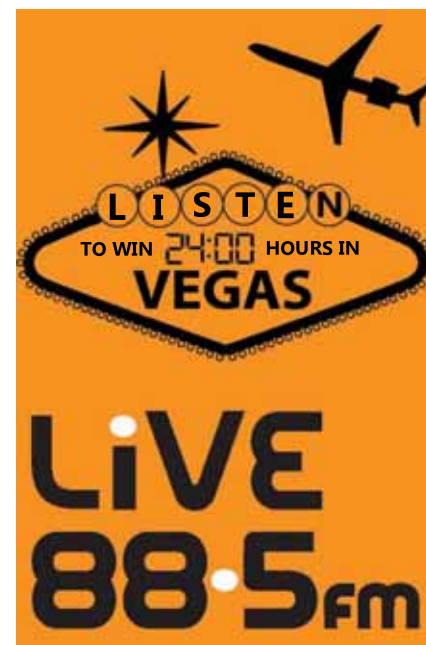
The littlest Sens

Cory Conacher, Jean-Gabriel Pageau and Stephane Da Costa might be the smallest players on the team, but they've made a big impact at training camp **PAGE 19**



BERMUDA: COOLER THAN YOU THINK ISLAND OFFERS MORE THAN GOLF AND SELF-TITLED BEACH SHORTS

PAGE 15



WHO IS THIS MAN?

Ottawa police have released a security-camera image of a man they say they want to talk to in their investigation of two break-ins in the neighbourhood of Sandy Hill. Ottawa police say two women in separate residences were startled awake in their bedrooms by an intruder in the early morning hours of Sept. 29. No one was injured during the break-ins. Police are asking anyone who can identify the man or anyone who has information relating to the break-ins to contact their break-and-enter unit at 613-236-1222 ext. 4533 or Crime Stoppers at 613-233-8477 (TIPS). CONTRIBUTED

Gunmen unfazed by shot: Witness

Home invasion. Fatal shooting of Michael Swan 'not even shocking' for accused, witness tells murder trial



JOE LOFARO
joe.lofaro@metronews.ca

A close friend, who described himself as "like a brother" to slain Barhaven teen Michael Swan, told a jury Tuesday the men accused of murder in connection with Swan's death weren't fazed by the gunshot that killed him.

"It wasn't even shocking at all for them," testified Tyler Tanguay.

It was just Swan, his girlfriend Kaitlyn Scott, and Tanguay inside Swan's bedroom on Moodie Drive on Feb. 22, 2010, when three men dressed in black clothing and masks barged in telling everyone to get on the ground, Tanguay testified.

Quoted

"He would have been my best man at my wedding for sure."

Tyler Tanguay, friend of the late Michael Swan

He said one of the intruders asked the group, "Where's the money, where's the gun?" prior to Swan getting shot in the upper right shoulder. The alleged shooter was the tallest of the three masked men and wore Air Jordan sneakers, he recalled. Court has previously heard Swan was a drug dealer, and Scott told court Tuesday she was worried about Swan, because he wasn't very careful.

Tanguay told Crown prosecutor Mark Moors he was at Swan's home with friends watching an Olympic hockey game. Some left the home as the night went on, but he stayed to watch another game.

Tanguay said he met Swan when he was 10. "He would have been my best man at my wedding for sure," he said.

The accused men, Kristopher McLellan and Kyle Mullen, both 23, have pleaded not guilty to first-degree murder.

Scott finished being cross-examined Tuesday after backing away from preliminary-inquiry testimony in which she said the three intruders were nervous during the home invasion and after Swan was shot. She testified on Monday they seemed confident.

"It didn't seem planned out; is what you meant?" asked defence lawyer Michael Smith in reference to her previous testimony on April 27, 2011.

"It was just an opinion," Scott said, adding that it didn't seem like it was a "gang-related" home invasion. "They didn't kill me. I'm still alive — why? They took Mike."

McLellan's lawyer Pat McCann told Scott it made no sense for his client — the alleged shooter — to kill Swan since Swan could have given the men what they were asking for.

"I don't know why he shot him. Ask him yourself," said Scott.

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Privatization

'Beer-league team' deal makes no sense: Hubley

The only member of the city's finance and economic development committee who didn't vote for Can-Am baseball's return to Ottawa Stadium for the 2014 season was Coun. Allan Hubley.

Hubley was on board with Mayor Jim Watson's strategy to draw a triple-A team, then a Toronto Blue Jays farm team, but couldn't support a 10-year partnership with what he calls "a beer-league team."

"Ten years is too long for me to support joining a five-team league," said Hubley following the meeting. "If the team plays 50 games a season at home, we'll see the same teams — Quebec City, Trois Rivieres, Newark, Rockland — all the time. It'll be like Groundhog Day.

"We're settling for poor services," he continued. "We've got a stadium but no team. I don't understand why we didn't look for a sports entrepreneur to buy the stadium and field a team. The city shouldn't be in the baseball business. The costs are reasonable but their expectations for success are wildly optimistic.

"The city is selling off its sports assets. Football at Lansdowne, equestrian park, golf at Pineview. Why don't they do the same with baseball? If there really is a strong market for baseball in Ottawa, then someone will step up to the plate and make it work."

DENIS ARMSTRONG/FOR METRO



A cardboard cutout of the Ottawa Lynx mascot is seen in a pristine Ottawa Stadium on Aug. 29, 2006. Three ball teams — the Lynx, the Rapidz and the Fat Cats — have failed to succeed in Ottawa, and some city councillors question how a fourth team will succeed. FRED CHARTRAND/THE CANADIAN PRESS FILE

FEDCO votes in favour of one more at-bat

Ottawa Stadium.

Committee sees baseball in city's future, but some councillors not sweet on Can-Am deal

DENIS ARMSTRONG
ottawa@metronews.ca

The city's finance and economic development committee didn't seem to like the deal much, but they still approved a recommendation, by a 9-1 margin, to bring Can-Am baseball back to Ottawa Stadium for the 2014 season.

Mayor Jim Watson's plan

to bring a Toronto Blue Jays farm team to play in a revitalized stadium seemed solid until Mandalay Sports told him it would cost upwards of \$41 million to bring the Coventry Road stadium up to big-league standards. The best the city could offer was \$19 million.

By comparison, the Can-Am league is a bargain. The city would pay a \$750,000 one-time charge, plus annual charges of \$400,000 to operate the park and \$350,000 to maintain the stadium.

City staff say a 10-year Can-Am ball team deal would bring in annual rent of \$108,000, annual additional rent of \$250,000, and a sta-

Enough demand?

"We have a state-of-the-art stadium, but the community still won't support baseball."

Coun. Diane Deans

dium life-cycle contribution of \$50,000 for the first three years and \$100,000 for the remaining seven years.

"This is the most realistic option," said Watson. "The only other options are to take out a \$40-million debenture, mothball the stadium, or tear it down. At least this gives us baseball while we look at alternatives."

Going for Can-Am will save the city millions, but the only member who seems happy about it is Watson.

Coun. Diane Deans, for one, doubts baseball can return to its former glory, when the triple-A Lynx would regularly sell out the 10,000-seat stadium in the 1990s.

"Why would a second Can-Am team do any better than the Rapidz, who only lasted one season?" asked Deans.

Coun. Peter Hume thought that Watson and the city should wait until the light rail is running and servicing the park to decide whether it will get another baseball franchise, or sell the stadium outright.

1 NEWS



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Probe. Tips sought in case of missing woman

Outaouais police appealed to the public for help solving a five-year-old missing-persons case Tuesday.

A 38-year-old Cantley woman, Marie-Claude Chretien, was last seen May 10, 2008, at about 11:30 p.m., travelling on foot near her home.

Police say information they've received indicates it's likely she arranged to get a ride to go to an urban area, since she didn't own a car. Police say they are still trying to identify and speak with the person who



Marie-Claude Chretien
COURTESY POLICE

gave her the lift.

Anyone with information about the case is asked to call anonymously at 1-800-711-1800 or directly

by contacting Sgt.-Det. Gabriel Ladouceur at 819-459-2422, extension 3263. **METRO**

Holdups. Police on hunt for suspect in robberies

A suspect in a trio of holdups at convenience stores — two conducted at knifepoint — is now a wanted man, police say.

The force says it has issued an arrest warrant for Chadd Brownrigg, 39, of Ottawa on charges of robbery, breach of recognizance and breach of probation.

The warrant follows three incidents that all happened within hours of one another on Sept. 23. Police say the first robbery occurred at 2:30 a.m. at a convenience store in the 1000 block of Wellington Street.

"The suspect proceeded to make a purchase, but when the employee opened the register, the suspect produced a knife and stole cash from the cash tray," a police news release says.

At about 5 a.m., the suspect entered a convenience store along the 800 block of Bank



Chadd Brownrigg
COURTESY POLICE

Street with the same MO, police say.

The third incident occurred a short time later at a convenience store along the

200 block of Laurier Avenue. It unfolded in a similar fashion, but police say no knife was seen. There were no injuries.

Brownrigg is described as white, around six feet three inches tall and about 240 pounds.

Anyone with information is asked to contact police at 613-236-1222, or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477. **METRO**



In this file photo, gamblers play slots at Hialeah Park Racetrack in Florida. A proposed revenue-sharing scheme between Ottawa and the Ontario Lottery and Gaming Corporation got a rough ride at the city's finance and economic committee on Tuesday, but it ultimately passed by a 6-5 vote. **JOE RAEDLE/GETTY IMAGES**

Casino motion narrowly passes

Finance and economic committee. Some councillors give deal a cool reception over fears OLG could act unilaterally on gambling expansion

Even with assurances the city would receive a bigger share of

gambling revenues and could limit the number of slot machines and gaming tables, a motion for Ottawa to partner with the Ontario Lottery and Gaming Corporation on the expanded casino at the Rideau Carleton Raceway got tentative approval from the city's finance and economic committee by a narrow vote of 6-5.

City manager Kent Kirkpatrick said that OLG vice-president Jake Pastore had

agreed to reduce the number of planned slot machines to 1,250 from 2,000 and gaming tables to 21 from 80, as well as increase Ottawa's share of the casino's take at the tables to four per cent.

Committee members took exception to a clause in the contract exempting OLG from any liability, leaving the city solely liable for any harm that happens at the casino.

Despite OLG's concessions,

members seemed skittish about getting into bed with the provincial gaming corporation.

"This contract with OLG gives them unilateral and unlimited authority to expand gaming beyond the city's intention," said Coun. Mark Taylor.

Coun. Peter Clark agreed: "This agreement is, at best, one-sided. OLG has no liability and renders the city powerless for a pittance. I suggest we don't sign." **DENIS ARMSTRONG/FOR METRO**



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Kaitlyn

Hospital guard handed patient \$5 after sexual assault: Crown

The Ottawa Hospital.
Man denies luring and assaulting woman with intellectual disability

JOE LOFARO
joe.lofaro@metronews.ca

A security guard working at the Ottawa Hospital sexually assaulted an intellectually disabled female patient and offered her \$5 to buy a drink afterward, a Crown prosecutor told an Ottawa jury on Tuesday.

Suzanne Schriek laid out her theory during opening arguments on the first day of the trial of Clinton Russell.

Police arrested Russell in January 2012 and charged him with sexual assault and sexual exploitation against a person with a disability.

He has pleaded not guilty to both charges.

The complainant was a woman in her late 20s at the time who was receiving care in the psychiatric unit for Williams Syndrome, a rare genetic condition that affects cognitive functioning.

The name of the victim is protected by a publication ban.

According to the Crown, on Dec. 23, 2011, Russell handed the woman a note asking her to follow him to a separate part of the hospital.

Once the two were alone in a room, Russell undressed and forced the woman to perform fellatio, the Crown said.

He allegedly told the woman that he did this with other women as well.

He then gave her \$5 to buy a drink in the cafeteria but did not accompany her, Schriek said.

The woman did not buy a drink and instead called her mother and told hospi-

On the stand

Two expert witnesses testified on Tuesday.

- Two nurses who received the initial complaint and two security guards who worked with Russell are also expected to testify.

tal staff what had just happened.

The Crown argued "little effort was made" to secure the room in which the alleged incident occurred.

The jury also heard Tuesday that Ottawa police were not called until approximately five hours afterward.

The Crown intends to argue that there was no consent given by the victim because of the relationship of power and authority over her and not because of her mental age.

The trial continues Wednesday.

Basic needs

Food-bank usage is way up: Report

The use of food banks in Canada has risen 31 per cent since 2008 and is not showing any signs of slowing, according to a new report released Tuesday by Ottawa-based Community Foundations of Canada (CFC).

The report also says 57 per cent of children in Nunavut live in food-insecure homes and their families spend about 25 per cent of their total expenditures on food. Comparatively, the rest of Canada of spends 11 per cent. **JOE LOFARO/METRO**

Set for January 2014

The Y returning to Carlingwood

The YMCA-YWCA of the National Capital Region announced it will open a new Y in the Carlingwood Mall after getting strong support over the last 60 days while pre-registering members. **METRO**



The next potential SkyHawk

The SkyHawks have announced that Jamal Crook, centre, has been added to the list of players competing for a spot on Ottawa's new professional basketball team. The training camp will run for two weeks, beginning Oct. 14. The regular season tips off Nov. 2. **ED ZURGA/GETTY IMAGES FILE**

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Animal-rights activists hold solemn memorial

Animal Liberation Victoria activists hold dead animals at Federation Square on Tuesday in Melbourne, Australia. More than 200 activists gathered with the bodies of deceased animals to publicly grieve their deaths. Animal Liberation Victoria is against the treatment of animals as "property" and promotes a vegan lifestyle. Also on Tuesday, wildlife officials in Zimbabwe said at least 91 elephants were poisoned with cyanide by poachers who hack off their tusks for the lucrative illegal ivory market. GRAHAM DENHOLM/GETTY IMAGES

Myanmar. Buddhist mobs kill woman, torch homes

Buddhist mobs killed a 94-year-old Muslim woman and torched more than 70 homes on Tuesday as sectarian violence again gripped Myanmar's Rakhine state despite a visit by President Thein Sein, officials and residents said.

With attacks reported in several villages on the outskirts of Thandwe, where tensions have been mounting for days, the number of casualties could rise.

More than 700 rioters, some swinging swords, took to the streets in Thabyuchaing, about 20 kilometres north of the coastal town on Tuesday afternoon, police officer Kyaw Naing said.

An elderly Muslim woman died from stab wounds in the clashes that followed, the officer said, who also put the number of houses set on fire at between 70 and 80.

THE ASSOCIATED PRESS

Romania. Mass grave near labour camp confirmed

Authorities on Tuesday confirmed the existence of a mass grave containing prisoners' remains near the site of a former communist labour camp in eastern Romania. The discovery bolsters the case of investigators seeking genocide charges against the former commander of the penal colony.

A statement from the government's Institute for

Investigating the Crimes of Communism laid out the official findings. It said five skeletons were found — one's right foot was missing, one had a dislocated spine and another's legs were tied together.

Institute chief Andrei Muraru said the discovery revealed "brutality and primitivism in the management of the colony."

THE ASSOCIATED PRESS

Chemical arms team enters Syria

Tight deadline.

Netherlands-based group has nine months to find, dismantle and destroy Assad's arsenal

Wading into the world spotlight, international inspectors arrived in Damascus on Tuesday to begin the monumental task of overseeing the destruction of Syria's chemical weapons in the middle of a civil war.

The inspectors from a Netherlands-based chemical-weapons watchdog have around nine months to complete their mission: finding, dismantling and eliminating President

Bashar Assad's estimated 1,000-ton arsenal.

Their task has been endorsed by a UN Security Council resolution that calls for Syria's chemical stockpile to be scrapped by mid-2014. The deadline is the tightest that the experts from the Organization for the Prohibition of Chemical Weapons have ever faced.

The destruction mission could include smashing mixing equipment with sledgehammers, blowing up delivery missiles, driving tanks over empty shells or filling them with concrete, and running machines without lubricant so they seize up and become inoperable.

THE ASSOCIATED PRESS

Arrival in Damascus

An advance team of 19 inspectors and 14 UN staff members arrived in Damascus late Tuesday afternoon in a 19-vehicle convoy escorted from the Lebanese border by two Syrian Foreign Ministry representatives.

- The experts set up a logistics base for its immediate work, the UN said in a statement.



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A topless activist is carried out of the legislature visitor section by security after protesting the presence of a crucifix inside the legislature in Quebec City on Tuesday. JACQUES BOISSINOT/THE CANADIAN PRESS

Nude protest shakes up legislature

Quebec. Femen activists go topless, stage act of defiance over PQ's uneven approach to secularism

A topless protest against Parti Québécois identity politics erupted inside the Quebec legislature in a screaming, semi-nude act of defiance that derailed the daily question period Tuesday.

Premier Pauline Marois was answering a question when shouts erupted in the gallery and everyone's eyes, including the premier's, drifted upward.

As the protesters dis-

robed, they chanted a slogan against the presence of the crucifix in the chamber: "Crucifix, decalisse," they repeated in a crude Québécois expression loosely translatable as, "Crucifix, get the hell out of here."

The demonstration was quelled as security guards pulled a trio of half-naked protesters away from the chamber and struggled to dress them.

The whole affair was in reaction to the Parti Québécois' uneven approach to state secularism, which has been called hypocritical by its detractors.

The group "Femen Quebec" claimed responsibility for the bare-breasted brouhaha. **THE CANADIAN PRESS**

O Canada. Atwood among group campaigning for gender-neutral anthem

A group of notable Canadian women is launching a campaign for gender-neutral language in the lyrics of O Canada.

The group said the change would restore Canada's English national anthem to its original gender-neutral intentions.

The group — which includes author Margaret Atwood and former prime minister Kim Campbell — has set up a website to promote the idea.

It is calling on Canadians to join the campaign to encourage

Prime Minister Stephen Harper's government to change the line "in all thy sons command" to "in all of us command."

RestoreOurAnthem.ca is being launched on the 100th anniversary of the change made to Judge Robert Stanley Weir's original English lyrics.

The coalition says that in 1913, for no documented reason, the lyrics were revised, and it is time to make a change to reflect the inclusive intentions of the original. **THE CANADIAN PRESS**

New Zealand

Man who fled climate change fighting for refugee status

A man from one of the lowest-lying countries on Earth is trying to convince New Zealand judges that he's a refugee — suffering not from persecution, but from climate change.

The 37-year-old and his

wife left his remote atoll in the Pacific country of Kiribati six years ago for higher ground and better prospects in New Zealand. Immigration authorities have twice rejected his argument that rising sea levels make it too dangerous for him and his family to return to Kiribati.

So on Oct. 16, the man's lawyer, Michael Kidd, plans to argue the case before New Zealand's High Court. Legal experts consider

the case a long shot, but it will nevertheless be closely watched, and might have implications for tens of millions of residents in low-lying islands around the world. Kiribati, an impoverished string of 33 coral atolls about halfway between Hawaii and Australia, has about 103,000 people and has been identified by scientists as among the nations most vulnerable to climate change.

THE ASSOCIATED PRESS



Kiribati is among the nations most vulnerable to climate change. RICHARD VOGEL/THE ASSOCIATED PRESS FILE



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Giant U.S. closure: Will the last to leave please switch off the lights?

America shuts down.

800,000 federal workers sent home as historic wrangle over health care shuts many U.S. agencies

The U.S. Congress hung "Closed" signs on a big swath of government Tuesday.

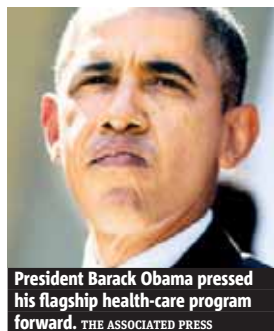
About 800,000 workers were sent home.

Barricades sprang up at the Lincoln Memorial and other monuments.

The National Park Service was turning off 45 fountains around Washington D.C.

Agencies like NASA and the Environmental Protection Agency were shuttered.

More than a third of the federal civilian workforce was furloughed — equivalent to the combined workforce of Target, General Motors,



President Barack Obama pressed his flagship health-care program forward. THE ASSOCIATED PRESS

Exxon and Google.

And on Capitol Hill, Democrats and Republicans traded blame for the first partial government shutdown in nearly two decades.

But people classified as essential government employees — such as air-traffic controllers and Border Patrol agents — worked.

So did members of the military and employees such as State Department work-

ers who issue passports and visas.

With the Republican-controlled House and Democrat-controlled Senate at a stalemate, it was unclear how long the shutdown would last — or who the public would blame for unanswered phones and locked doors.

"There has to be better ways to run the government than to get to a standstill like this," said Cheryl Strahl, who travelled from California to take in New York City sites.

Meanwhile, Obama — hailing it as a "historic day" — pressed forward his flagship health-care program.

"This is life-or-death stuff," Obama said.

He said tens of thousands of Americans die each year for lack of health insurance. "Today we begin to free millions of our fellow Americans from that fear," the president added.

THE ASSOCIATED PRESS



Go home, folks: A U.S. Park Police officer helps to close down the Martin Luther King Memorial in Washington, D.C., on Tuesday. MARK WILSON/GETTY IMAGES



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BUSINESS

09

Ebook service bets readers will buy into subscriptions

Publishing. Scribd, HarperCollins offer access to thousands of titles for monthly fee

Online document-sharing site Scribd is taking a page from Netflix's success story as it sets out to create the world's largest subscription service for digital books.

The opening chapter in Scribd's quest began Tuesday with the introduction of an ebook subscription service that will boast thousands of titles published by HarperCollins before July 2012. HarperCollins, which is owned by News Corp., becomes the first of the five largest U.S. publishers to join a service vying to create an alternative to buying individual titles.

Scribd will charge \$9 US per month for a service that offers unlimited access to most of HarperCollins' back catalogue, as well as an assortment of other books from smaller publishers. Recent bestsellers from HarperCollins aren't included in the subscription service, although customers will be able to buy new titles individually on

Different model

- If it's successful, Scribd could help publishers cultivate an alternative to the electronic bookstores run by Amazon, Apple and Google.
- Scribd CEO Trip Adler, 29, has raised \$26 million US in venture capital since he started the San Francisco company six years ago to help his father post a paper about neurosurgery online.

Scribd's site.

"I feel we are moving into new uncharted waters, but that's what innovating and reading is all about," HarperCollins CEO Brian Murray said in an interview. "I feel like this is the right deal with the right partner at the right time and we are going to learn."

Scribd is trying to create the book industry's version of Netflix Inc.'s online video service, which has attracted more than 37 million subscribers who pay \$8 per month to watch a wide selection of movies and TV shows.

THE ASSOCIATED PRESS



Happy ... Batik Day?

Models show off outfits by designer Embran Nawawi, who launched a new line of Maduranese stamp batik clothing on Tuesday in Surabaya, Indonesia. On Oct. 2, 2009, the United Nations Educational, Scientific and Cultural Organization (UNESCO) formally recognized Indonesian batik as a world heritage tradition, and since then, the date has been used to mark Batik Day. ROBERTUS PUDYANTO/GETTY IMAGES

Market Minute



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Wearable computing. Canuck company debuts high-tech glasses for runners, cyclists

Vancouver-based Recon Instruments doesn't consider Google Glass to be a direct competitor to its high-tech eyewear, but the firm doesn't mind the comparisons. Recon believes it produces a very different type of computer-equipped glasses, which are targeted at sports enthusiasts rather than the mass market.

Since 2010, Recon has been releasing "heads-up display" products that give skiers and snowboarders a high-tech way to fly down mountains. The latest device, the MOD Live, attaches to a pair of ski

goggles and uses a small LCD screen to display information including GPS data, speed, altitude and temperature. Users can also wirelessly link the device to their smartphone. Now, the company is talking up a new product called Jet, sunglasses with similar technology designed for cyclists, runners and triathletes. And the tech world is taking notice.

Last week, Intel said it was investing \$4 million in Recon to help "accelerate product development, marketing and global sales." THE CANADIAN PRESS

Telecom

'Dirt cheap' mobile prices can't last, report concludes

A new report says that Canada's small wireless companies have undercut Rogers, Bell and Telus by more than half on voice

and data prices in recent years, giving consumers lower cellphone bills. But it also says that these prices aren't sustainable. The Convergence Consulting Group report says that the smaller wireless players can't keep offering "dirt cheap" prices and stay in business.

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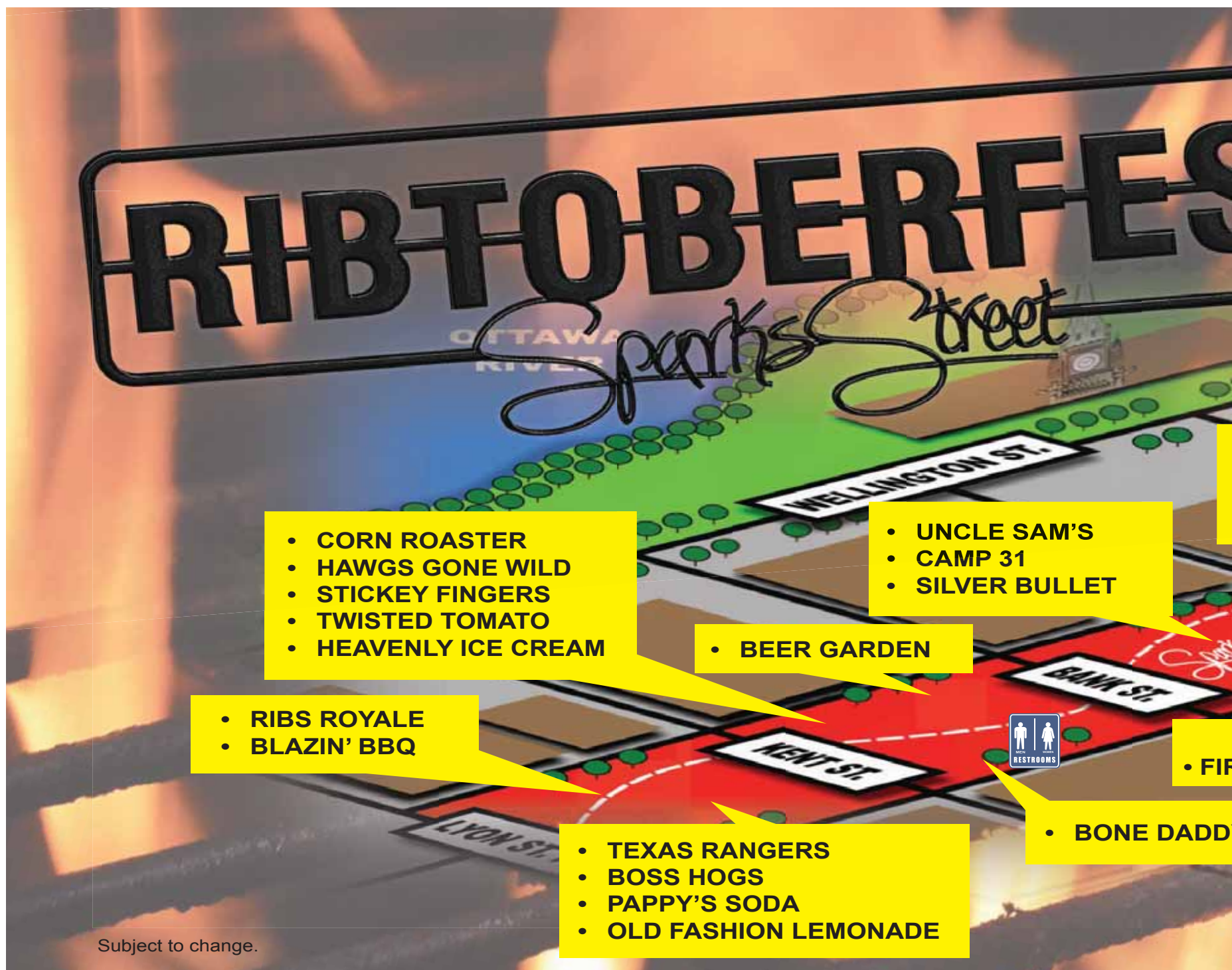


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VOICES

metronews.ca
Wednesday, October 2, 2013

TRUE PATRIOT GENDER-NEUTRAL LOVE

Oh, Canada, here we go again.

Another attempt to revise the lyrics of our national anthem.

This time, a group of prominent Canadian women including Margaret Atwood and Kim Campbell want to change "In all thy sons command" to "In all of us command," which is OK by me. I could never quite get my head around, "In all thy sons command," anyway. It's not as if we talk like that.

"Like, true patriot love in all thy sons command."

"Whatever, dude."

The point is, the prominent women are feeling left out. They want Canada to command an upwelling of true patriot love in female glowing hearts as well, and who can blame them?

Of course, some people think it's a bad idea to mess with the lyrics of our national anthem. Is nothing sacred etc.? It might help them to know that the original 1908



JUST SAVIN'

Paul Sullivan
metronews.ca

lyrics include the phrase "thou dost in us command" which makes no sense at all but at least it's gender neutral.

They should also know that O Canada wasn't even our official national anthem until 1980. Before that it was God Save the Queen, which, like the Queen, goes on forever. O Canada is much snappier, especially now that some of the "dosts" "thous" "thees" and "thys" have been eliminated.

In the face of the argument that the prominent women are only seeking a revision of the revision, traditionalists will fall back on the problem that if you mess with one line, the whole thing opens up, encouraging people with nothing better to do than lobby for new words to the national anthem.

Take "our home and native land," for instance. In 1990, Toronto's city council actually voted to encourage the government to change it to "our home and cherished land" because some non-native Canadians might feel left out.

Not to worry. They're too busy trying to figure out "true patriot love in all thy sons command."

Meanwhile, the next generation has tuned out. According to a 2010 University of Victoria survey, nearly 70 per cent of high school students enrolled in choir don't know the lyrics to O Canada, regardless of the version. And that's the in-tune student body. Presumably the fail among the general population is even higher.

Traditionalists will argue that's because they don't sing the song at the start of the day at school anymore, and maybe they're right. In fact, the only place we do sing it is at professional sporting events, usually alongside the Star Spangled Banner, which doesn't make any sense either.

But that's OK. It's an opportunity for Beyoncé or Nikki Yanofsky to look good and sound good while they funk up the tune.

After all, we stand on guard for what so proudly we hailed at the twilight's last gleaming from far and wide. Don't we?



Visit metronews.ca to watch the video and share your opinion.

ZOOM

The horror of war in numbers



THEFALLEN9000.INFO PHOTOS

Stenciled bodies recall Normandy

In an awe-inspiring and emotional project, the silhouettes of 9,000 bodies were stenciled on a beach in Normandy, France, as a tribute to those who died during the Second World War.

Titled The Fallen 9000, the work served as a visual reminder of the Allied and German forces, and civilians, who died during the D-Day beach landings at Arromanches on June 6, 1944.

METRO

Concept to creation



"It was a quiet and emotional statement about what happens in the absence of peace. After I made my first figure, I broke down crying."

Jamie Wardley, artist
Wardley, 33, came up with the idea for the project with Andy Moss, 50

Silhouettes erased but impression lasts

The two sculptors came up with the idea for the International Day of Peace, a global observance day instituted by the UN.

The sculptors from Bradford, England, spent two years organizing the event. The silhouettes were later erased by the tide, but the project's effect lives on.

"Veterans are telling me how it brought home the impact war has," artist Jamie Wardley said. METRO



About 200 volunteers from various backgrounds and ages raked with stencils.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

You know you've made an impact when you get an asteroid named after you, right? Web comic creator Randall "XKCD" Munroe (now of the Asteroid 4942 fame) has proven comedy and science/math/language/smart stuff can go hand in hand. Running since 2005, XKCD comics have evolved from scanned doodles to 3,000-panel time lapse nerd jokes. Though Munroe is one of the web comedy pioneers, he's certainly not alone.



CONTRIBUTED

Perry Bible Fellowship: Running as a weekly comic in the mid-2000s, getting a book deal in 2011 and now publishing 'wheneverly,' PBF's humping dinosaurs, pregnant teenage chickens and bad apples are a staple of Internet comics.

Dinosaur Comics: Celebrating its 2,500th (at least according to the URL) comic Tuesday, Dinosaur Comics somehow manages to keep the LOLs rolling using the same six panels featuring a green T-Rex and a gay (they say) Utahraptor.

Twitter

@metropicks asked: Kingston Pen is rife with stories of escape and revolt. Now that it's shutting its doors, what should be done with it?

@OttUncensored: make it a taco stand!

@AlexnotAlec: Trendy condos. Student housing. Convert the entire thing to a maximum security day care centre. No babies climbing those walls.

@twitandrewking: A pen factory.

@Banannikka: Youth Hostel!

@iamAngC: leave it the way they walked out of it don't sugar coat it and open it to the public

@kasey_with_a_k: turn it into a museum, like alcatraz. People will pay for a good criminal ghost story or two. #tourism

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca

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Gravity can get heavy but it will pull you in nonetheless. CONTRIBUTED

Stomaching zero-gravity

Interview. Alfonso Cuarón talks about making space film and surviving the Vomit Comet



NED
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Metro World News in Hollywood

Alfonso Cuarón apologizes for the delay in bringing his latest film, *Gravity*, to the masses, but properly presenting outer space turned out to be a tough nut to crack. And rest assured, the results are worth the wait. Plus, Cuarón got to discover a new favourite past-time: Experiencing zero-gravity on the Vomit Comet.

I suppose my first question

after seeing this film is: how?

Well, the first thing is we're trying to do a film that takes place in space but that looks like those Imax documentaries that you're used to seeing. We didn't want it to look like a comic book or a fantasy rendering of space. So that was the point of the departure. The rest of the conversation was, "OK, how the heck are we going to do it?" So we tried several existing technologies. Nothing existed that we could use so we had to invent our own tools. And then four and a half years later, here we are.

You just get such fluid camera motion, which you've always had, but it's amplified here.

It's because there's no up

and there's no down. That's the thing, we wanted to honour the physics and the mechanics in zero-G, including not only the character and the objects but the camera. A lot of that was informed by doing tests in different systems and possibilities, including parabolic flights — the Vomit Comet. Once you're floating you don't have much control. Your inertia dictates how you move. We talked about that, that the camera was also in zero-G, the camera is not controlled.

Did you get sick on the Vomit Comet?

No, I loved it. The stunt man actually threw up, but I didn't. I loved it, I loved it. It's really amazing, it's so much fun. And I'm a wimp with roller coasters, I cannot stand them. But this one, I could do it

all day long. The beautiful thing of the parabolic flight is when you start floating, for me it was one of those things that felt almost primal and familiar.

Did you feel much resistance from the studio about the idea of a female lead?

No, no. There's the expression in the film, "Houston in the blind," which is a real expression when there's no communication, and the studio was in the blind. They were paying all this money to develop a technology that we didn't know was going to work, then investing in a shoot that we didn't know was going to work, then on top of that after the shoot they weren't able to see anything for eight months. And then we arrived to our release date a year ago and we were not

ready. They said, "Do you need a couple of months?" "No, we need a year." And they had to keep on going. And with Sandy, yeah obviously when you are at some early stage there are voices that say, "Why don't you do it with a male lead? It's more exciting and we can have these actors. These kind of movies work better with a male lead." Yeah, you have some voices, but the moment that I said that I couldn't envision this film with a male lead, they were OK with it. There was no huge pressure.

I still get angry about the botched release of *Children of Men*, which was criminally overlooked when it came out.

I guess it was the release and stuff, but frankly maybe it was that it didn't connect with audiences, you know?

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The Word

Cher still has no problem telling it like it is

ALEXANDRA CAVALLO
Metro World News

You know who is one of the baddest mamba jambas in the music industry, to this day? Cher. Do not even try and tell me that Cher is not the coolest old lady around, because I am armed with irrefutable evidence with which to counter you.

Firstly, she called out Madonna — one of the other old ladies still behaving like a boss in the biz — for being, well, for being kind of a B.

Secondly, she threw said shade at Midge in a Reddit forum.

Yes! Cher is older than my mother, who has just barely mastered the fine art of electronic mail, but the lady is well-versed in the ways of the Internet nether-regions.

Over the weekend, she logged on for an Ask me



Anything open forum on Reddit (oh, by the way, she introduces herself on said forum thusly: "Hi, I'm Cher, I'm 100 years old") during which someone asked why she hated Madonna.

Cher, being the classy yet truth-spitting broad that she is, responded, "I never hated her; I just thought she was a bitch."

And that, my friends, is 'nuff said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Amanda Bynes. ALL PHOTOS GETTY IMAGES

Amanda Bynes' meltdown just got way less funny

Amanda Bynes has been formally diagnosed with schizophrenia and bipolar disorder, according to Radar Online.

"It was what Amanda's parents, Rick and Lynn, had suspected all along," a source says.

"Nevertheless, it was difficult to process for Amanda's

parents. The bright side is that Amanda can lead a long, normal life as long as she takes her medication. Doctors at the treatment facility are still working to get Amanda therapeutic meds and she is responding to the medications she is being given to treat her dual diagnosis."

Twitter



@ABFoundation

The govt is shut down but BP is still open. This country is in big trouble.



@KellyOsbourne

I really do wish all the #GrammarPolice on twitter would f--- off! Its Twitter not Mensa!



@SarahKSilverman

I love that wearing sweats on a flight makes some people crazy. Who r u dress up for, ding-dong? flying's a sport.

Miley majored in twerking instead



Miley Cyrus

Before embarking on her post-Disney career, Miley Cyrus admits she flirted with the idea of going to college.

"I kind of like the way Mary-Kate and Ashley (Olsen) did it. They were bajillionaires from being these kid stars, and they decided that that wasn't the future that they wanted," she tells Rolling Stone.

Jodie Foster has a new girl



Jodie Foster

Jodie Foster and photographer Alexandra Hedison are reportedly dating, according to E! News.

"It's pretty serious," a source says. "They're totally in love." Hedison previously dated Ellen DeGeneres before the talk show host got involved with Portia de Rossi.

Foster and Hedison began turning heads over the summer at events in both Los Angeles and New York.

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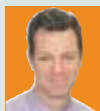
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Italy

There IS something to rent in Tuscany



ON THE MOVE
Loren Christie
life@metronews.ca

Want to plan the perfect week in Tuscany? Here's how to make this bucket list holiday to Italy a reality.

Vacation at a villa. Do your research and compile a list of must-haves such as Internet access, swimming pool and number of bedrooms required. Get testimonials from past guests. The pleasant surprise with a villa is a large group will often pay less than they would in a hotel. I recently rented a gorgeous 500-year-old villa outside of Cortona with eight friends and it cost us \$500 per person for the week.

Rent a car or bike. Iconic Italian cities like Florence and Siena are easily accessible and worth exploring, but to truly discover the hidden gems of Tuscany, you need your own wheels. The charming towns of Montepulciano, Cortona and San Gimignano are just a few of the dozens worth a visit. If you are pedalling on your own steam, I would recommend that you are in good shape, as the countryside is hilly. If you are renting a car, go small as some of the streets can be narrow.

Taste the local flavours. Forget fusion; a good meal in Tuscany is about celebrating what's in season. Whether mushrooms, truffles or tomatoes, eat the food that is fresh. Make sure to sample the regional specialties, such as Florentine steak, Pienza's pecorino cheese or my personal favourite, wild boar pasta.

Hit a winery. Many of the wineries in Tuscany do not like walk-ins, especially if you are travelling in larger groups, so call and reserve a tasting in advance. Ask if there is a restaurant on-site and enjoy your tasting along with a meal. I recommend the Salcheto Winery just outside of Montepulciano. The view from their lunch table was incredible.

And don't forget to take a soak.

In Italy a day at the spa is about soaking, steaming and mud baths.



The beach at the Fairmont Southampton hotel is perfect for swimming. The rocks off shore make a great diving spot, too. JIM BYERS/METRO

Soak in the sun and sights of Bermuda

Kick back. The weather is hot and the vibe is cool in this tropical paradise



JIM BYERS
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You probably know about the golf. And you might think there are a lot of guys in funny shorts and long socks. But Bermuda is more hip than you might expect.

Drinking

There are two traditional drinks in Bermuda. The Dark and Stormy has ginger beer, dark Gosling's rum (no other kind counts) and lime juice. Folks rave about Bermuda's Rum Swizzles but I found the one I tried at the famous White Horse Tavern in Bermuda far too sweet. In the main town of Hamilton, the Pickled Onion is a sleek affair that wouldn't look out of place in Toronto's Yorkville or Vancouver's Yaletown. When I was there drinks included "Pink Panties" and "The Black Banana." Ahem. Flanagan's Irish Pub on Front Street in Hamilton has reasonable prices and a second-



A climb to the top of Gibbs Hill Lighthouse reveals fabulous views of colourful houses, deep bays and the string of islands. JIM BYERS/METRO

storey patio overlooking the harbour.

Sleeping

The Fairmont Southampton is a pink beauty on a hill along the south shore. There's a great beach and it's adjacent to marvellous Horseshoe Bay. Rooms in October go from about \$330 a night. I stayed at a casual but adorable spot in the village of St. George's called the Crooked Elbow, close to a couple of nice beaches and cool forts and only a short walk from shops and pubs. It's got lots of space and goes for about \$150 a night in high season, with a five night minimum.

Dining

St. George's has a couple of places on the waterfront, including Tavern on the Sea (decent food; great views). The online reviews are good but at dinner in St. George's I found Wahoo's Bistro only adequate. The Waterlot Inn, affiliated with the Fairmont Southampton, is a stunner. I had a three-steak tasting menu that was \$60 but it beat the heck out of Ruth's Chris. The service is terrific and the sticky toffee pudding with vanilla ice cream will have you singing with joy. Stuff yourself at the Jamaica Grill in Hamilton with jerk chicken, rice and peas and other Jamaican delights in

a cheap but fun neighbourhood joint. Mickey's sits on the edge of Elbow Beach and you can dine a few inches from the sand. They do a lovely grilled seafood platter with scallops, shrimp, salmon, local fish, octopus and tender calamari, plus veggies and mashed potatoes, for about \$40.

Doing

Bermuda is famous for reefs that have caused many a shipwreck; bad if you're a sailor but great if you're a diver. May to October offers the best chance for calm, clear water and is the best time for swimming, especially on exposed south shore beaches. You also can try horseback rides or rent bikes or mopeds, which are everywhere. Or explore the shops and fun streets in St. George's, including Featherbed Alley and Old Maids Lane. Oh, OK, you are a golfer? There are courses galore, none more famous perhaps than Port Royal, where they hold the annual PGA Grand Slam event, featuring the winners of golf's four major tournaments (Oct. 14 to 16 this year). One too many rum swizzles? Climb the Gibbs Hill lighthouse to work off some calories and soak in views of all Bermuda's islands.

3
LIFE



If it makes you happy to make others happy, and you know where your career passion lies, then get your consulting career cracking! ISTOCK

What are you, some sort of expert or something?

A word to the wise on what it takes to advise. Do you have the goods to take on a career in the consulting field?

MEGHAN GREAVES
TalentEgg.ca

Are you thinking about a career in consulting?

If so, you're probably wondering what it takes to be successful in the industry.

Since there are many fields within consulting, diverse personalities and dispositions can find an excellent career fit as a consulting professional.

However, successful consultants tend to have a core group of personality traits that they apply to different extents in their discipline.

You're a "people person"

As a consultant, you'll be working with your team and multiple clients, so you're bound to feel like an outsider at some point or another.

Consultants need to be able to remove the barrier between themselves and their clients to build trust and confidence. In order

Above and beyond

You're willing to go the extra mile, and then some

- Solving problems, influencing your clients and creating innovative ideas are just the tip of the iceberg for consultants.
- To be successful, you need to enjoy getting lots done for your clients. Companies hire consultants because they want their expertise, so to impress them you must give that and more — and enjoy doing it!

to do this you need to feel comfortable working in different environments and with different people on a daily basis.

You're a multi-tasker

As a consultant, you'll have to constantly manage multiple clients, all of whom come to you with different tasks, questions, concerns and suggestions.

Your plate will always be full. The trick to not getting overwhelmed is to prioritize your tasks effectively so each client's needs are met.

If you find that multi-tasking comes naturally to you, a career in consulting may just be your calling.

You're passionate

Not only do consultants have to be passionate about their industry; they have to be just as passionate about helping clients. A client can tell if you truly care about his or her success.

You're confident

Everyone has bad days no matter what field they work in. A great consultant can get back on the horse when things aren't going smoothly. While doing this, you'll also need to motivate your team to keep chugging along and provide them with solutions to the problems ahead.

As a consultant you'll get tough feedback, experience set-backs and make difficult decisions. A successful consultant can push through these barriers with confidence.

You're resourceful

Being resourceful is an extremely helpful trait to have as a consultant. This trait will help you know when to ask for advice, and where to find the right information. You can't be scared to ask for help, especially when starting out!

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News worth sharing.



With the right work ethic and dedication, consultants can experience professional growth early on in their careers. According to CNN, the average 10-year salary growth for consultants is 41.2 per cent! ISTOCK

Consult me on this career's highlights

The best of the business. What wonderful perks can be expected from this workforce?

MEGHAN
GREAVES
TalentEgg.ca

While choosing your career path, you may be inclined to do some online research and learn about the pros and cons of the industry.

Of course, research is just one component of exploring a field, as you should also be sure to reach out and network with professionals who can offer insight based on personal experience. Remember, the list doesn't stop here.

There are hundreds of perks to a career in the consulting industry.

Here's a list of some of the major pros of being a consultant.

Flexibility

Since a main part of a consultant's job is to meet with clients, consultants can often have more flexibility with their work hours depending on appointment scheduling. There is also the opportunity to telecommute once you get more settled in your role. This not only leads to being a more productive employee, but it also allows for better work-life balance.

Working in a team environment

The best thing about starting your consulting career is that you definitely won't be going at it alone. You'll have the opportunity to work with team members who share interests, expertise, ideas and work ethic behaviours similar (and different) to yours. This creates the perfect opportunity for career-launching collaboration.

Using your problem solving skills daily

Consultants use their problem solving skills daily to get the job done and make clients happy. There are tons of perks to regularly using problem solving skills including: excitement, gratification, busy days and being creative.

Every day is different

Consulting is not your typical 9 a.m. to 5 p.m. desk job. As a new grad, this is something that you should appreciate. The transition from school to work can be tough when you're suddenly thrown into a regular work schedule. As a consultant, you'll break this boring cycle by constantly tackling new problems and changing up your schedule.

Exceptional training and on-boarding

Often times when starting off as a consultant, the company you're hired on with will give you awesome training or on-boarding to get things started off on the right foot. The goal of on-boarding/training is to set you up for success, so during this training you can expect to receive the resources, knowledge and tools to do so.

Continuous learning

Consultants are the experts, which means they're always learning and adapting to new trends in their industry. The great thing about staying on your toes is that clients appreciate it because you'll be able to develop relevant and successful ideas. Though it might sound overwhelming to always be on top of news and trends, it will eventually become habit — and the results are worth it!

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It's party time!

A consulting career can be glamorous: fancy suits, big clients, and most of all, exciting events.

- Networking efficiently is one way to be a successful consultant. It's therefore crucial to enjoy getting

out there and being social with potential, current, and previous clients.

- This can be through a coffee meeting, lunch briefing, dinner appointment, or a big networking event out on the town.

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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

'Faux' mini cheesecakes are full of real good-for-you flavour

1. In bowl, place cashews and dates. Pour in enough

Ingredients

- 2 cups (500 ml) raw cashews
- 1/2 cup (125 ml) chopped pitted dates (about 5)
- 1 lb (500 ml) strawberries
- 1 large fully ripened avocado from Mexico, halved, pitted and peeled
- 3/4 cup (175 ml) coconut oil
- 1/4 cup (60 ml) lemon juice
- 1/3 cup (75 ml) raw agave syrup
- 1/2 tsp (2 ml) raw vanilla extract
- 12 fresh strawberries, sliced (garnish)

Crust

- 1 1/2 cups (375 ml) chopped or sliced raw almonds
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) chopped pitted dates (about 5)

water to cover; let stand for 1 hour. Drain.

2. Meanwhile, mist 24, 1/2 cup (125 ml) ramekins (or other similar-sized freeze-proof molds) with cooking spray. Line each with plastic wrap, leaving enough to create a bit of an overhang for "handles."

3. Crust: In food processor, add almonds, shredded coconut and salt; pulse until in coarse crumbs. Add dates; pulse until well combined. Divide and press into bottoms of ramekins.

4. In high-power blender, or in clean food processor bowl, add drained cashews and dates, the strawberries, avocado, coconut oil, lemon juice, syrup and vanilla. Process until very smooth. Pour over bases; freeze until firm, at least 2 hours.

Strawberry-Coconut 'Cheese' Cake



This recipe makes 24 mini-cake servings. MISSAVACADO.CA

5. Remove from freezer 30 to 60 minutes before serving (or, move to refrigerator

up to 1 day ahead); remove plastic wrap, plate individual cakes, and let thaw. To

garnish, top each with sliced strawberries.

MISSAVACADO.CA

Drink of the Week

Kick Start PB and J Smoothie

- 1 ripe banana
- 1 cup (250 ml) 3% plain yogurt
- 1 cup (250 ml) ice cubes
- 1/3 cup (75 ml) PC Blue Menu No-Stir Smooth Peanut Butter with Meg-3
- 1/4 cup (50 ml) PC Blue Menu Twice the Fruit Strawberry Spread
- 1/2 tsp (2 ml) vanilla

In blender, combine banana, yogurt, ice cubes, peanut butter, strawberry spread and vanilla. Purée until smooth and silky. Divide among four glasses. **PRESIDENT'S CHOICE**



New way to enjoy an old fave

Peanut butter and jam is a childhood favourite. Enjoy it anew with these Peanut Butter and Jam Filled Cupcakes.

1. Preheat oven to 350 F (180 C). Line two standard muffin tins with 20 paper liners.

2. In bowl of stand mixer fitted with paddle attachment, beat butter with sugar on medium speed for 3 to 4 minutes or until light and airy. One at a time, beat in eggs, beating well after each addition and scraping bowl between additions. Into another bowl, sift flour, baking powder, baking soda and salt. Add half of flour mixture to butter mixture. Mix on low speed just until combined. With machine running, slowly pour in buttermilk

and vanilla. Scrape side of bowl and continue to beat until combined. Add remaining flour mixture; beat on low speed just until smooth. Scrape down side of bowl; beat on medium speed for 30 seconds. Evenly divide batter among paper liners in prepared muffin tins.

3. Bake in centre of oven for 15 minutes. Rotate pans front to back; bake another 8 to 10 minutes or until golden and tester inserted in centre comes out clean. Cool for 5 minutes in tins. Transfer cupcakes to rack and cool to room temperature.

4. Make topping: In bowl of stand mixer fitted with paddle attachment, beat peanut butter, cream cheese and but-

ter on medium speed for 1 to 2 minutes or until creamy and light. Add icing sugar and salt; beat on medium speed for 1 to 2 minutes or until smooth and creamy. Place mixture in pastry bag

fitted with 1/2-inch (1 cm) star or plain tip. Pipe a border around each cooled cupcake. Place a heaping teaspoon (5 ml) strawberry spread in centre of each.

PRESIDENT'S CHOICE

Ingredients

- 1/2 cup (125 ml) unsalted butter, softened
- 1 cup (250 ml) sugar
- 3 eggs, at room temperature
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1-1/4 cups (300 ml) buttermilk
- 1 tsp (5 ml) pure vanilla
- Topping**
- 3/4 cup (175 ml) smooth

- peanut butter
- 1/2 cup (125 ml) PC Blue Menu Light Cream Cheese, softened
- 1/2 cup (125 ml) PC Unsalted Country Churned Butter, softened
- 1/2 cup (125 ml) icing sugar
- 1/8 tsp (0.5 ml) salt
- 1/2 cup (125 ml) PC Blue Menu Twice the Fruit Strawberry Spread



This recipe makes 20 cupcakes. PRESIDENT'S CHOICE

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Kessel cashes in

Leafs extend sniper's contract

Phil Kessel got his wish to make it a long stay with the Toronto Maple Leafs.

What general manager Dave Nonis called "short and productive" negotiations ended with Kessel signing an eight-year, \$64-million US contract on Tuesday.

The deal has a salary cap hit of \$8 million per season. It begins in 2014-15 and runs through the 2021-22 season.

THE CANADIAN PRESS

Go to metronews.ca for coverage of NHL's opening night.

1-On-1

I'd beat LeBron in my prime: Jordan

NBA legend Michael Jordan believes he could beat LeBron James in a one-on-one basketball game when he was in his prime.

He's not sure about Kobe Bryant.

In a video promoting the NBA 2K14 video game that was released Tuesday, Jordan said there's a long list of players he would've liked to have played one-on-one. "I don't think I would lose," Jordan said in the video, before smiling and adding, "Other than to Kobe Bryant because he steals all of my moves."

THE ASSOCIATED PRESS

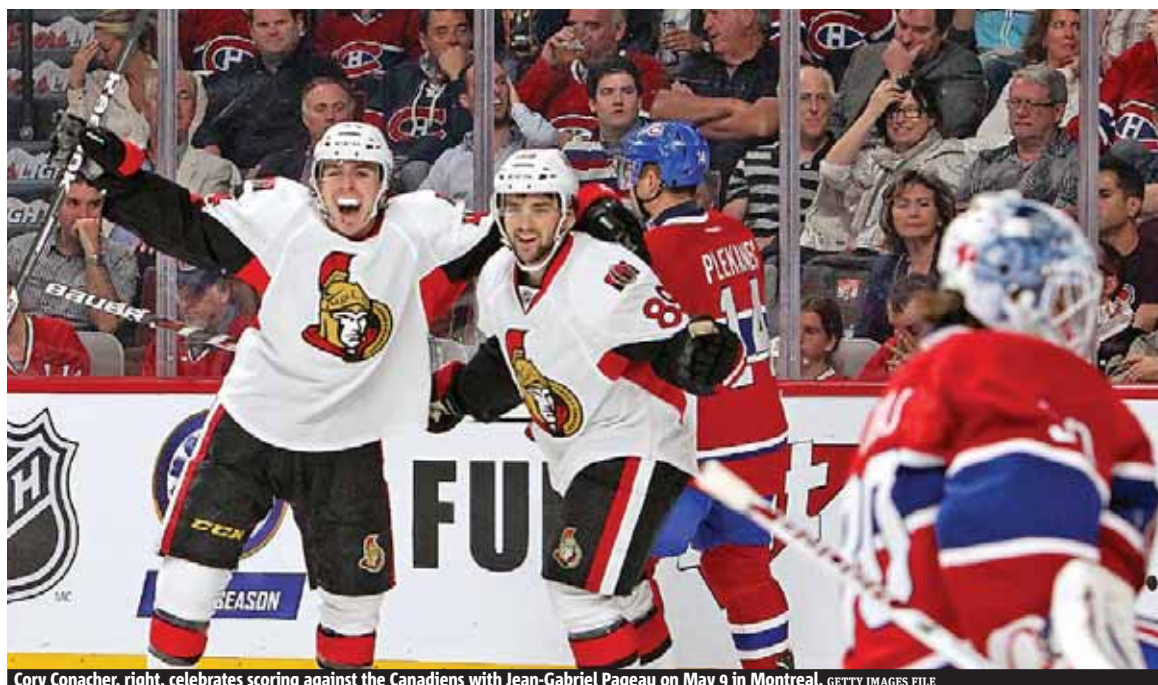
Laser eye surgery

Raptors' Gay has eyes on the prize

Rudy Gay had no idea how bad his vision was until he went to renew his driver's licence last year and failed the eye test.

The Toronto Raptors small forward underwent surgery to correct his vision during an off-season that was otherwise devoted to improving his shooting and beefing up his body.

THE CANADIAN PRESS



Cory Conacher, right, celebrates scoring against the Canadiens with Jean-Gabriel Pageau on May 9 in Montreal. GETTY IMAGES FILE

Smallest Senators make largest impact

Making the cut.

Conacher, Pageau, Da Costa enter regular season having made their presence felt during training camp

Quoted

"They've been probably the most consistent players from the start of training camp to the end of training camp." Paul MacLean on Cory Conacher, Jean-Gabriel Pageau and Stephane Da Costa

summer training regimen and be willing to make some adjustments.

He took the advice and spent the summer in Poland training with his older brother Teddy, who is currently playing in Finland.

"I knew what they were saying and I took it seriously," said Da Costa. "I'm not the biggest player physically, so I knew I had to work on that and I tried to focus on my defensive play."

While he spent much of the pre-season centring the team's top line as Jason Spezza recovered from a mild groin sprain, Da Costa found himself on a line between Zack Smith

and Chris Neil at Tuesday's practice.

"He's a player that plays with speed and some tenacity and he's got good skill level," said head coach Paul MacLean. "He was good in the faceoff circle so we expect him to do the same things. The expectation is that he'll continue to play well and should be able to create more opportunities for those guys to maybe have an opportunity to score."

Conacher had been one of four players being considered to play on the left wing on the second line with Clarke MacArthur and Kyle Turris, but he was easily the most consistent of all.

In the coach's good books

After an impressive start to his pro career last season — which featured a playoff hat trick — many wondered whether Jean-Gabriel Pageau would be able to thrive under the high expectations.

- Pageau, 20, participated in the team's summer development camp and was strong at the rookie tournament. He earned regular praise from Paul MacLean through the pre-season.

At five-foot-eight, Conacher is the Senators' smallest player and he's also diabetic, but he won't let his size or his illness define his career. He refuses to allow anything to be used as an excuse should his play begin to slide. THE CANADIAN PRESS

4 SPORTS

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78 YEARS

Scherzer gets the nod for Game 1

MLB playoffs. 2011 CY Young winner Verlander to pitch the second game versus Oakland

From all-star starter to post-season headliner — Max Scherzer is Jim Leyland's pick again.

Detroit's 21-game winner will start the AL division series opener Friday night at Oakland, with star Justin Verlander following in Game 2. Leyland announced the Tigers' rotation Tuesday, putting an end to any speculation about who would start Game 1.

"I truly feel that I could start any one of my guys and I would feel comfortable," Leyland, Detroit's manager, said. "I think that the kind of year Scherzer's had ... I'm sure somebody will find something wrong with this choice, but I think that's kind of hard to argue."

Scherzer (21-3) was baseball's lone 20-game winner this year and started for the American League in the all-star game, which Leyland managed. But Verlander (13-12) was the

Long time coming

Bartolo Colon will start for the Oakland Athletics in Game 1 of their AL division series against Detroit on Friday, his first post-season appearance in eight years.

- A year after Colon missed the playoffs for Oakland while serving a 50-game suspension for a positive test for testosterone, he won 18 games and is getting another chance on baseball's big stage — at age 40, and in his first playoff appearance since 2005 with the Angels.

2011 AL MVP and has been one of the top pitchers in the game over the last few seasons, so Leyland could have picked either.

"It's awesome," Scherzer said. "We're going up against a great team, and I have a shot to go out there and pick up the win, first time. What more can you want?"

The Tigers won the AL Cen-



Max Scherzer of the Detroit Tigers was MLB's only 20-game winner this year, and will start his team's playoff opener on Friday. HANNAH FOSLIEN/GETTY IMAGES

tral for a third straight year, thanks to an exceptionally deep rotation. Anibal Sanchez, the AL's ERA leader, won't pitch until Game 3 against the Athlet-

ics. Doug Fister starts Game 4.

Leyland said relievers Bruce Rondon and Phil Coke will likely miss the series due to elbow problems.

Next in line

"I'm pretty doggone close to right where I need to be."

Detroit pitcher Justin Verlander, who will not start Friday despite pitching six scoreless innings in each of his final two starts.

Scherzer is a favourite to win his first Cy Young Award, and it's not just because of his lofty win total. He finished fifth in the AL in ERA and second in strikeouts while holding opponents to a .198 average.

No wonder Verlander was deferential to his teammate after Leyland's announcement.

"If it was me, I'd probably make the same decision," Verlander said. "Max has had a magical season, and when a guy has a season like that and everything's going right, why not ride it?"

Verlander was the Cy Young winner in 2011 and finished a close second last year to David Price. This season has been more of a struggle. His 3.46 ERA was his highest since 2008.

THE ASSOCIATED PRESS

MLB

Jays pitcher has elbow surgery

Toronto Blue Jays right-hander Josh Johnson underwent successful arthroscopic surgery Tuesday to remove loose bodies and a bone spur in his right elbow.

Johnson is expected to be ready for spring training next year.

The 29-year-old native of Minneapolis, Minn., had a 2-8 record and 6.20 earned-run average over 16 appearances this year. He allowed 105 hits and 15 home runs over 81 1/3 innings pitched.

Johnson earned \$13.75 million this past season with the Blue Jays.

THE CANADIAN PRESS



Pitcher Josh Johnson underwent successful surgery. GETTY IMAGES FILE

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f t w i

NFL

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH						
	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH						
	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST						
	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

WEEK 5

Thursday's game — All Times Eastern

Buffalo at Cleveland, 8:25 p.m.

Sunday's games

Seattle at Indianapolis, 1 p.m.

Jacksonville at St. Louis, 1 p.m.

New England at Cincinnati, 1 p.m.

Kansas City at Tennessee, 1 p.m.

NATIONAL CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH						
	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH						
	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST						
	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

NHL

Tuesday's results

Toronto at Montreal

Washington at Chicago

Winnipeg at Edmonton

Wednesday's games — All Times Eastern

Toronto at Philadelphia, 7:30 p.m.

Buffalo at Detroit, 8 p.m.

Anaheim at Colorado, 9:30 p.m.

Thursday's games

Calgary at Washington, 7 p.m.

Tampa Bay at Boston, 7 p.m.

New Jersey at Pittsburgh, 7 p.m.

Los Angeles at Minnesota, 8 p.m.

Nashville at St. Louis, 8 p.m.

Florida at Dallas, 8:30 p.m.

NY Rangers at Phoenix, 10 p.m.

Vancouver at San Jose, 10 p.m.

Friday's games

Calgary at Columbus, 7 p.m.

Detroit at Carolina, 7 p.m.

Ottawa at Buffalo, 7 p.m.

NY Islanders at New Jersey, 7 p.m.

Los Angeles at Winnipeg, 8 p.m.

Nashville at Colorado, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.

Saskatchewan at B.C., 10 p.m.

Saturday's games

Montreal at Edmonton, 3:30 p.m.

Winnipeg at Calgary, 6:30 p.m.

MLB

WILD CARD

Tuesday's result

NL: Cincinnati at Pittsburgh

Wednesday's game — All Times Eastern

AL: Tampa Bay (Cobb 11-3) at Cleveland

(Salazar 2-3), 8:07 p.m.

AL DIVISION SERIES

(Best-of-5)

OAKLAND VS. DETROIT

Friday's game

Detroit at Oakland, 9:37 p.m.

BOSTON VS. CLEVELAND-

TAMPA BAY WINNER

Friday's game

Cleveland-Tampa Bay-Texas winner at

Boston, 3:07 p.m.

NL DIVISION SERIES

(Best-of-5)

ATLANTA VS. LOS ANGELES

Thursday's game

Los Angeles at Atlanta, 8:37 p.m.

ST. LOUIS VS. CINCINNATI-

PITTSBURGH WINNER

Thursday's game

Cincinnati-Pittsburgh winner at St. Louis,

5:07 p.m.

The 2013 Toyota RAV4



ALL PHOTOS CONTRIBUTED

Review. Toyota's aim to recreate success of '90s model falls short but reliability is still assured

When Toyota introduced its RAV4 model back in 1994 it was an unusual, quirky and clever car. Stylish to look at, it created a whole new segment for compact crossover SUVs; there was even a three-door version, which is unusual even now.

The vehicle was aimed at trendy, young, (mostly) urban drivers, but in the 19 years since its release, the competition has got much tougher and Toyota has rather fallen off the pace. Toyota is aiming to attract a range of different drivers with this latest model, which is why the 2013 RAV4 is available in five configurations, with 2.5-litre gas, all-wheel drive and continuously variable transmission (CVT), a 2.5-litre diesel with front-wheel drive and six-speed manual transmission and a 2.5-litre diesel with four-wheel drive. However, all models in Canada are only available in six-speed automatic transmission using only gas.

This fourth generation RAV4 (which stands for Recreational Active Vehicle, Four-Wheel Drive) aims to elevate Toyota back to the top of the class with a RAV4 which is bigger, better and more practical than ever. The biggest new feature in the 2013 RAV4 is the rear lift gate which opens upwards (earlier models had the door opening sideways) and the rear-mounted spare tire is

The 2013 Toyota RAV4

- **Top speed.** 185km/h
- **Engines (hp).** Four 2.0 litre or plus options available
- **0 to 100km/h.** 10.0 sec.
- **Fuel consumption** 5.9/100km
- **Base price (incl. destination)** From \$23,790

Interior

The interior is spacious and the boot is big but the cabin is let down by the use of some hard plastics and dull styling. The new RAV4 doesn't feel as lovely as it should.

Exterior

The unusual styling that the RAV4 was known for has been replaced by a far more generic-looking SUV. Its body has sharper edges and a stronger grille but it has lost some of its unique RAV4 personality, which is a shame.

Performance

The ride is too firm, resulting in a car that doesn't feel particularly relaxing to drive or comfortable around town for that matter. Even our test of the range 2.2-litre diesel auto AWD version didn't feel fast and required frequent gear changes to get the most out of it.



The overuse of dull plastic in the interior is a bit of a let down.

now inside the vehicle.

Best thing

Despite its failings, the new 2013 Toyota RAV4 is a safe choice for sensible drivers who will be happy with its middle-of-the-road performance; who don't want a car to be desirable but dependable.

Worst thing

The "sport button," which is supposed to add pace and drama, is so badly tucked away that you have to search for it. Worst of all, switching it on only seems to increase the engine noise — not the engine's response — so its sporty paddle shifters feel impotent. **METRO**



There are four different engine options available for the new RAV4.



A look at it from the back.

5 DRIVE

Wax on, wax off but don't forget to polish

Driving force.

Protecting your vehicle's finish is a three-step process

JIL
MCINTOSH
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Your vehicle's paint is very durable, but it can use the protection of a coat of wax. Before you put on the shine, though, you should prepare the surface to get the maximum benefit of the product you're using.

"People believe that you wash your car, and then you wax your car, but a key step in between is polish," says Dave Lambert, brand manager for Autoglym Canada. "It's a three-step process of wash, polish, and protect."

If it's possible, your car should be hand-washed, using a sponge or soft cloth, and a pH-neutral car wash product. Lambert says that many people believe that "swirl marks" in the finish

Remember step 2

"People believe that you wash your car, and then you wax your car, but a key step in between is polish."

Dave Lambert, brand manager for Autoglym Canada

are caused by overenthusiastic waxing, but in reality, they're imperfections in the paint caused by car wash brushes.

Any rough surface can potentially cause marks in the paint, and you should always use a clean chamois or microfibre towel specifically made for vehicles. Cotton bath towels or terry towels are too abrasive and shouldn't be used.

The second stage — applying polish — preps the clean surface for the final top coat of wax. Although your paint may look smooth, when seen under a microscope, it's more like a lunar



Waxing your car regularly helps to preserve its shine. AUTOGLYM CANADA

landscape of hills and gullies, and it can appear dull when the light hits this uneven surface. The polish fills in these microscopic valleys, providing a smooth surface for the final top coat of wax.

There are many types of wax on the market, but

Lambert says that a paste wax containing carnauba wax will last the longest. "A lot of people say they want 100 per cent carnauba wax, but in its pure form it's hard enough to scratch your paint," he says. "In a test tube, it actually rattles.

Nothing is pure carnauba alone, and there will be other (ingredients) in there as well."

Several factors will affect how long your car stays shiny, including the weather and where you park, but Lambert says that a quality

Facts and tips

• **Top wax.** Carnauba wax comes from a palm tree native to Brazil. It forms on the leaves, which are collected and dried, and then beaten to separate the wax from the plant.

• **Wash wise.** If you drop your sponge when washing your car, never use it until you've thoroughly rinsed it. If you don't, the dirt it picked up will scratch your paint.

• **Shade is best.** It's best to wash and wax your car in the shade, and when the paint surface is cool to the touch.

wax product, properly applied, should last five to six months. "We recommend once before the summer, and once in preparation for winter," he says. The car should be polished and waxed again if the shine starts to go away, or if water doesn't form round beads on the surface.

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Horoscopes

Aries

March 21 - April 20

The Sun and Pluto will send your emotions into overdrive today. If there is someone in your life who doubts your love and desire they won't be left in any doubt at all over the next few days. You're on fire.

Taurus

April 21 - May 21

Demand that work colleagues and employers treat you with the respect you deserve. And if they don't? Then you will just have to look around for better people to work with and for.

Gemini

May 22 - June 21

You may find it hard to control your emotions today but that's good. Usually you're so happy-go-lucky people think you never get annoyed but it isn't true and they must know.

Cancer

June 22 - July 23

Quick decisions are not always good decisions, so take your time and get it right. Some people may be annoyed that you can't seem to make up your mind about something but their feelings don't count.

Leo

July 24 - Aug. 23

You may be tempted to walk away from a situation that is getting you down but if you do you are likely to regret it. With the Sun at odds with Pluto today this is not a good time for grand gestures.

Virgo

Aug. 24 - Sept. 23

Your natural distrust could cost you today, especially if you hesitate to take advantage of what appears to be a genuine proposal. Common sense should tell you the offer is legit.

Libra

Sept. 24 - Oct. 23

Your head and heart will pull you in different directions today. If you are smart, you will realize whatever you choose will have consequences, so put off making a decision until the end of the week.

Scorpio

Oct. 24 - Nov. 22

You have worked hard to get to your present position and have no intention of letting others take it away from you. Today's Sun-Pluto link will bring a challenge of some sort. Are you up to it? Of course you are.

Sagittarius

Nov. 23 - Dec. 21

Opportunities you never knew existed will come knocking over the next few days but each will have a responsibility attached, so think carefully before you take advantage.

Capricorn

Dec. 22 - Jan. 20

You are always ambitious and always competitive but the current cosmic picture could make you excessively determined to win. Be careful who you annoy on the way up — because you might meet them again on the way down.

Aquarius

Jan. 21 - Feb. 19

The planets suggest you are well placed to move up in the world. All you have to do is get serious about your dreams. A change of scenery could change your outlook.

Pisces

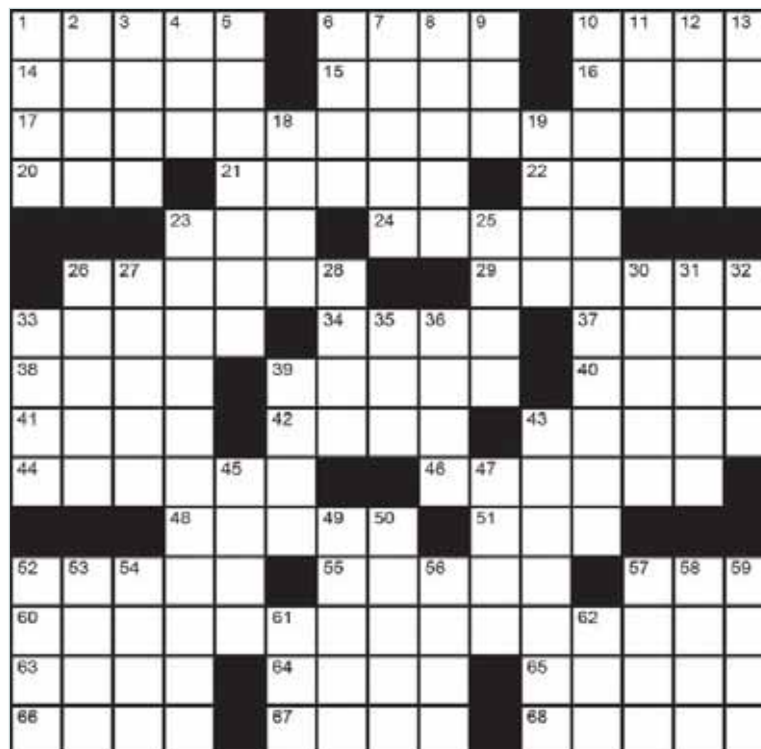
Feb. 20 - March 20

It's good make grand plans for your future but can you afford to make a big leap forward of some kind now? If not, start small. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Chocolate substitute
- Mater's mate
- Street performer
- Earth's sky layer
- Toilets, British-style
- Paradise
- Like the people at #26-Across: 2 wds.
- Surgery sites, for short
- "Have a Little Faith in Me" by John ____
- "Bust ____" by Young MC
- Certain conifer
- Car company
- Prehistoric culture of North America
- Sci-Fi writer, Isaac ____ (b.1920 - d.1992)
- Beethoven's title lady
- Hold off
- Elizabeth Taylor's title
- Gets workers for
- Actress Olivia
- Mountain goat's rock
- Roman Numeral for 2501
- Like fine wine
- Matches
- "Together Forever" singer Rick
- "Blue Suede Shoes" bit: "Well, it's ____ the money..."
- ____ Tuck
- Compass point
- Studio sign: 2 wds.
- Canadian com-



- munications company
- Jump
- 501 ____ NW (Canadian Embassy's locale in Washington, DC)
- Desert weather
- Ms. West's
- Weasel kin

- Much
- Shortened helper
- Beatles-style of jacket

Down

- Small salmon
- Cote d' ____ (French

- Riviera)
- Director Mr. Howard's
- Man. neighbour
- Bzzz-er's abode
- Sea lettuce
- Reluctant
- Purposeful saying
- Fireplace residue

- "Come on down to the ____ and I will / Buy you a bottle of wine..." - Joni Mitchell, "Carey"
- Prefix meaning 'Thought'
- Mr. Griffin
- 'ence' word-end-

- ing alternative
- Rihanna's nickname
- Actor, George ____
- Dinosaur tooth, whale bone ...and others: 2 wds.
- Decorator Mr. Berkus
- Red Lobster servings
- Swiss chocolate brand
- Swallow swiftly
- "The X Factor" host Mr. Lopez
- Noted astrologer Sydney
- Carrots, celery, e.g.
- Title role for Gwyneth in 1996
- Saloon serving
- Oliver! song: "____ Anything": 2 wds.
- "The ____ Feel" by Gordon Lightfoot
- CPP = Canada ____ Plan
- Misjudges
- Nine: German
- He was a Titan
- Dreams: French
- October birthstone
- Emperor of Rome
- Have ____ to pick
- Endure
- Possesses, olde-style
- Complete
- Place in South America
- Singer Ms. Sumac
- Did lunch

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Thursday



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will be 14 days from now.
Check the 14 day trend.

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